

Anti-Inflammatory

FOOD

GUIDE



Disclaimer

ANTI-INFLAMMATORY FOOD GUIDE

All statements in this Food Guide have not been evaluated by the FDA. This guide is not intended to prevent, cure, treat or diagnose any disease.

Individual results may vary depending on your diet, health and physical condition. This guide is an attempt to help get an unhealthy body to become more healthy. By subscribing to this guide, living a healthy lifestyle, having an inflammatory diet, engaging in moderate exercise, getting proper rest, stress management, you give yourself the best chances at staying healthy and fighting off premature aging and other symptoms. When the body is provided with healthy vitamins, minerals and enzymes, it is better equipped to keep you healthy. Individual results will vary and you should always consult your doctor or health professional when taking any supplement or starting any health program.

James Hicks, CFMP

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01

Avoid sugar, refined carbs, and packaged foods

Pro Tip: Shop the perimeter of your grocery store. Stick to the produce, meat, and fresh food sections. Read your labels! If the food contains ingredients you can't pronounce, put them back!



02

Decrease or eliminate red meat and dairy products

Pro Tip: If you do eat red meat on occasion, choose grass-fed/grass-finished bison or venison. Some arthritis patients also have negative reactions to poultry so keep that in mind.



03

Avoid starchy carbohydrates such as pasta and potatoes

Pro Tip: Spaghetti squash and zucchini are great alternatives to pasta. Cauliflower is a great alternative to potatoes.



04

Eliminate caffeine including coffee, tea, energy drinks, and chocolate

Pro Tip: Coffee lovers can look at Lifeboost coffee as an alternative which is low acid, mold-free, and decaffeinated through a swiss water process (no chemicals).



05

Eliminate high allergen foods for the first 3-4 weeks

This includes gluten, grains, citrus fruits, and night shade vegetables (tomatoes, white potatoes, red and green peppers, eggplants, paprika, and tobacco).

Pro tip: Add these foods back in one at a time (one every third day) and monitor any adverse reactions.



CHAPTER

02

What to eat



Increase your consumption of fresh, raw fruits

Including blueberries, strawberries, apples, bananas, grapes, mangos, papayas, peaches, pears, prunes, kiwis, and other sub-acid fruits. Use discretion if there is a blood sugar problem, although fruit does not often cause a problem if the diet is high in fiber.

Pro tip: Buy organic as often as possible to avoid harmful pesticides which will cause systemic inflammation.



Increase your consumption of a variety of vegetables and spices

Good vegetables include asparagus, spinach, chard, zucchini, parsley, artichoke, kelp, and other sea vegetables, okra, snow peas and many more. Cruciferous vegetables such as cabbage, broccoli, brussels sprouts, kale, cauliflower as well as onions, garlic, chives, leeks, and peppers are very nutritious, but may create digestive issues for some people. The solution is often simply chewing the food better and possibly adding supplemental broad-spectrum digestive enzymes. Spices such as ginger, cinnamon, clove, garlic, turmeric are also very healthy and should be used regularly if well tolerated.



09

Increase your consumption of a variety of anti-inflammatory oils

Oils help put out the fire (inflammation). Add anti-inflammatory oils like omega-3 essential fatty acids (cold water fish, walnuts, flax, pumpkin seeds) and extra-virgin olive oil, coconut oil, and avocado oil. Avoid vegetable, canola, and seed oils at all costs.

Pro tip: Supplementation recommended is Optimal EFA. (Optimal Health Systems: 800-890-4547, Discount Code: OHS Hill)



For snacks, consider raw vegetables, fruit, nuts, and seeds

The fruits and veggies contain a lot of enzymes, bioflavonoids, and phytochemicals, while the raw nuts and seeds are rich in essential fatty acids, especially flax seed, pumpkin, and sunflower seeds, walnuts, and almonds (almonds can be allergenic to some people). Raw seeds like sesame and flax need to be ground for proper digestion. An electric coffee grinder works well for this. These healthy snacks can be combined: for example, raw vegetable sticks dipped in tahini (ground sesame seeds) or fruits dipped in almond butter.



CHAPTER

03

Considerations



Food sensitivities and allergies

Here's the caveat in all the foods discussed above: all of the recommended healthy foods mentioned above should be filtered with your body's sensitivities to foods that contain high oxalates (like chocolate, spinach, sweet potatoes, almonds as well as many others); high histamine foods (like cheese, yogurt, margarine, alcohol, carbonated drinks, fruit juices as well as many others); and, foods high in lectins (like peppers, ashwagandha, eggplants, tomatoes, potatoes, as well as many others). "One man's treasure, is another man's trash"—what may be good for one, may not necessarily be good for you! Do your own due diligence looking at a more complete lists of oxalates, histamines, and lectin foods that you may be sensitive to. If you are unsure, you can do an Elimination Diet or get tested with a Food Sensitivity Test. You don't want to inflame your body more, by consuming foods that you are not compatible with.

Drink clean water! Drink plenty of natural spring water or distilled water from a stainless steel or glass container. Avoid plastic bottles as much as possible, due to potential leaching of plastics into the drinking water. Chlorine in tap water is considered an antibiotic and can diminish your friendly gut bacteria. Studies have associated chlorine in drinking water with increased risk of some types of cancer. It is probably best to drink at least a half hour before the meal and no sooner than an hour after so the digestive juices are not diluted. The issue with drinking water is that it should be clean, first and foremost. There is a Chinese proverb that states that you can never clean dirty water (tap water). It has been said that tap water coming to your home has gone through an average of six other peoples' toilets before it returns back to your home. Local water treatment facilities are not designed to filter out some of the biggest body stressors such as heavy metals, fluoride, industrial chemicals, pesticides, herbicides, fungicides, plastics, and antibiotic wastes. Trace amounts can cause inflammation and damage your natural body's repair processes. Distilled water appears to be the safest source of effective hydration and cooking. Your cravings for inflammatory food decreases when your toxic burden is reduced by drinking distilled water. You may also begin to notice better mental focus, reduced physical ailments, and balanced emotions. Home water distillers can be purchased from Amazon.

Inflammatory Aides

These suggestions are very helpful for most people in general, and specifically with those who are suffering from inflammatory conditions as sprains, strains, bursitis, tendonitis, and arthritis.

Consider using an organic pre-digestive source of natural supplementation, like the Natural NSAIDS Pak from Optimal Health Systems. This may be a wise alternative source and choice over prescribed anti-inflammatory medication.



Optimal Health Systems

800-890-4547

Use Discount Code: OHS Hill

Most people find that resorting to and eating this way from an anti-inflammatory diet also often lowers blood lipids, reduces blood sugar variations, helps with weight management, reduces digestive problems, increases energy, and more.

For anyone suffering from an inflammatory condition such as a sprain, strain, auto accident, work injury, sports injury, slip-trip-fall, -OR- if you are suffering from chronic pain, bothersome symptoms, gut health issues, etc., call today to schedule a complimentary Discovery Visit with CoreMedX: 434-797-4455. Telehealth visits available for those who live outside of the Danville area.

If you feel lousy, tired, not feeling “just right”, our functional medicine practitioner can review bloodwork that you already have to uncover any hidden gems that may explain the way you feel, especially if your practitioner has told you that your labs are normal.

CoreMedX provides a natural and integrative approach to healing. Visit our website for more resources including meal plans and doctor supervised weight loss programs. Call Today for your complimentary Discovery Visit to determine if we can help you!

Warm Regards!
To Your Best Health!
The CoreMedX Team

Always remember: It's Your Body, It's Your Health, It's Your Choice!